

# **TUNA APPLE SALAD SANDWICH**

Liven up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

**Preparation time:** 15 minutes

Serves: 4

### **INGREDIENTS:**

#### **Tuna Salad**

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 12-oz can chunk light tuna, drained
- 2 tbsp low-fat plain yogurt
- 2 tbsp reduced-fat mayonnaise
   8 leaves lettuce (Bibb,
- ½ cup raisins (or chopped figs)
- 1/4 cup chopped walnuts

- ½ tsp ground black pepper
- 2 tbsp chopped fresh parsley, optional
- ½ tsp curry powder, optional
- 8 leaves lettuce (BIDD, Romaine, green, or red leaf)
- 8 slices whole-grain bread

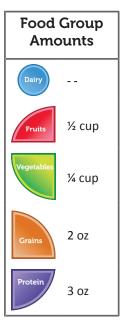
## **DIRECTIONS:**

- 1. Cut apple in quarters; remove core and chop.
- 2. In a medium size bowl, mix all salad ingredients, except tuna.
- 3. Gently fold in tuna.
- 4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

## **Serving Suggestions:**

Serve with an 8 oz glass of 100% orange juice.





Nutri		Fa	cts
Serving Size 2	_		
Amount Per Serving			
Calories 380		Calories from Fat 90	
		% <b>D</b> ai	ily Value
Total Fat 10g			15%
Saturated Fat 1	.5g		8%
Trans Fat 0g			
Cholesterol 25mg 8%			
<b>Sodium</b> 550mg <b>23</b> %			
Total Carbohydrate 48q 16%			
Dietary Fiber 7	1		28%
Sugars 9g	,		
Protein 27g			
r rotem zrg			
Vitamin A 10%	•	Vita	min C 6%
Calcium 10%			Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500			
Total Fat	Less than	-	80g
	Less than	-	25g
Cholesterol	Less than	_	_
Sodium	Less than	_	_
Total Carb		•	375g
Dietary Fiber		25g	30g

Recipe Submitted by Produce For Better Health Foundation



